



Creamed Spinach

Servings: 8

Prep Time: 10min

Cook Time: 15min

Ingredients

- 25g butter
- 1 small onion, finely chopped
- 2 tbsp plain flour
- 200ml full-fat milk
- 2 x 200g bags spinach
- 100ml single cream
- fresh nutmeg, for grating

Directions

1. Heat 25g butter in a saucepan, then add 1 finely chopped small onion and cook for 5 mins until softened.
2. Stir in 2 tbsp plain flour and cook for 2 mins, then slowly start to whisk in 200ml full-fat milk. When it has all been incorporated, gently cook for 5 mins until the sauce has thickened.
3. Meanwhile, place two 200g bags spinach in a large colander. Pour over a kettle full of boiling water until the leaves have wilted (you may have to do this twice).
4. Place the spinach in a clean dishcloth, squeeze out any excess liquid, then roughly chop.
5. Stir into the sauce with 100ml single cream, gently heat, then finely grate over some fresh nutmeg and season well.